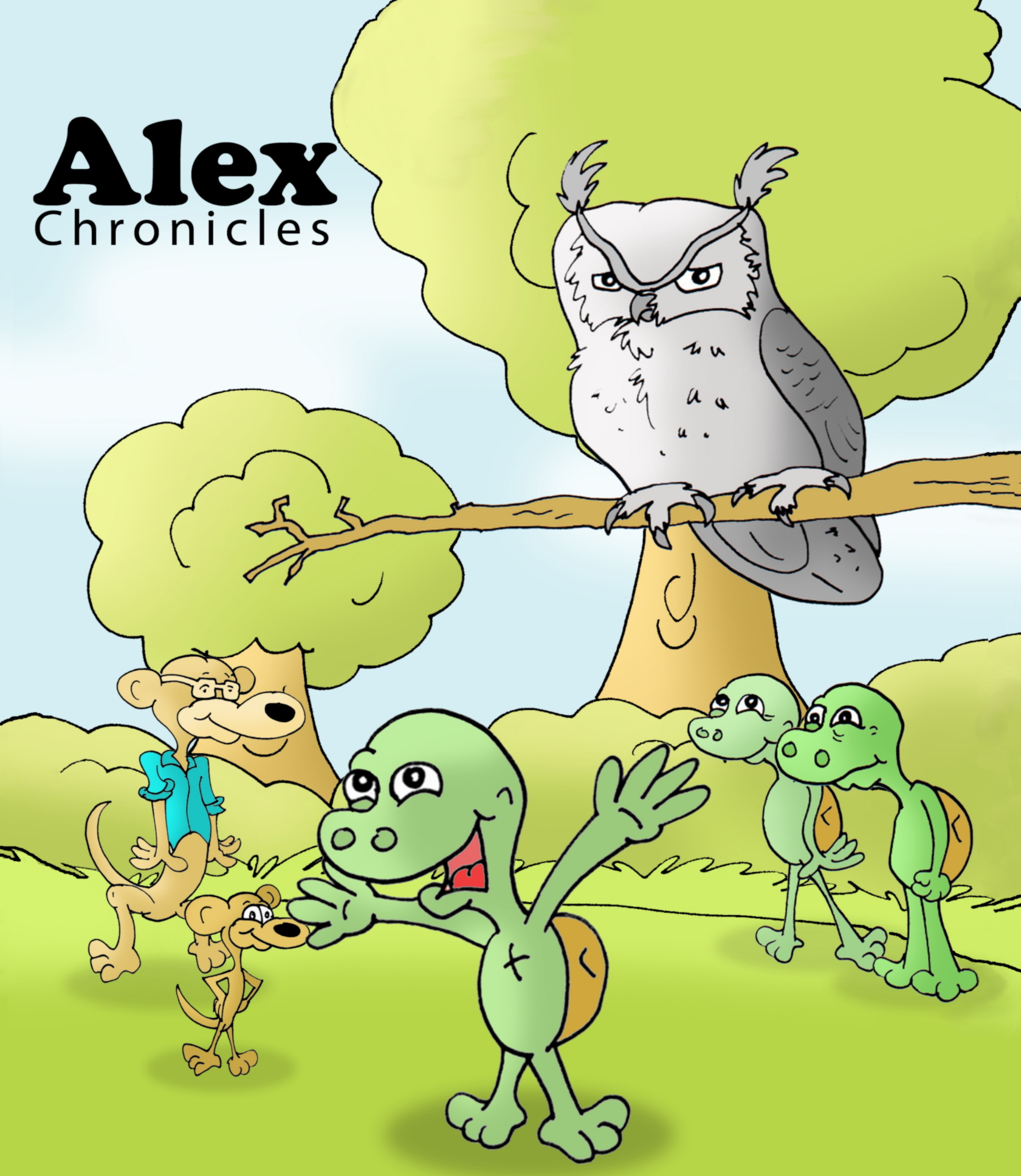
Alex
Chronicles

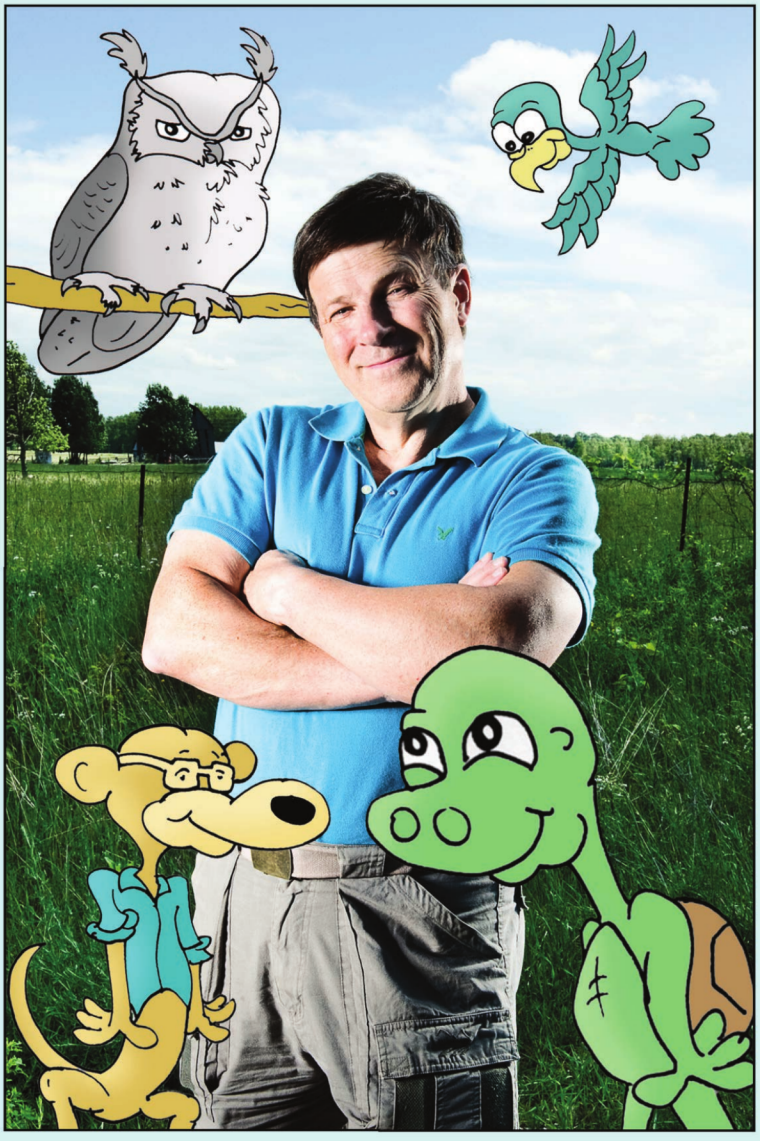


By Dr. Ken Marek

Alex Chronicles

EFT for Children

By Dr. Ken Marek



Le Temps H&S Times
http://www.tempshstimes.com/

This book is dedicated to
Gary Craig
for his pioneering work in the field of EFT
and to all the
Amazing, **D**elightful, **H**yper-awesome **D**ynamic
kids in the world.

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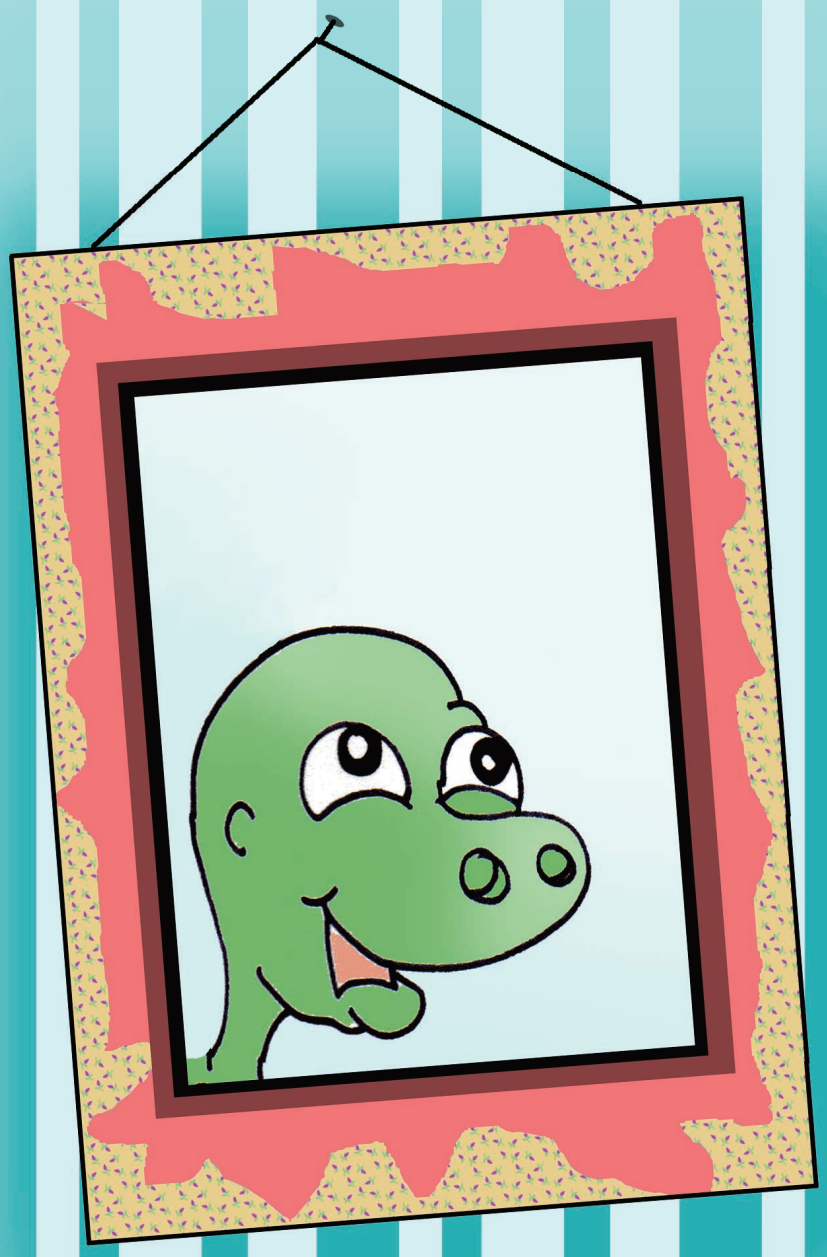
Once upon a time, there was a woodland creature who lived in the forest with his family and friends. Some were like him - and some were very different. This creature's name was Alexander David Henry Diggle (ADHD)
- just like wiggle but with a "d".

ALEX was full of energy and always on the go. It seemed like no one could keep up with him and all his different projects.



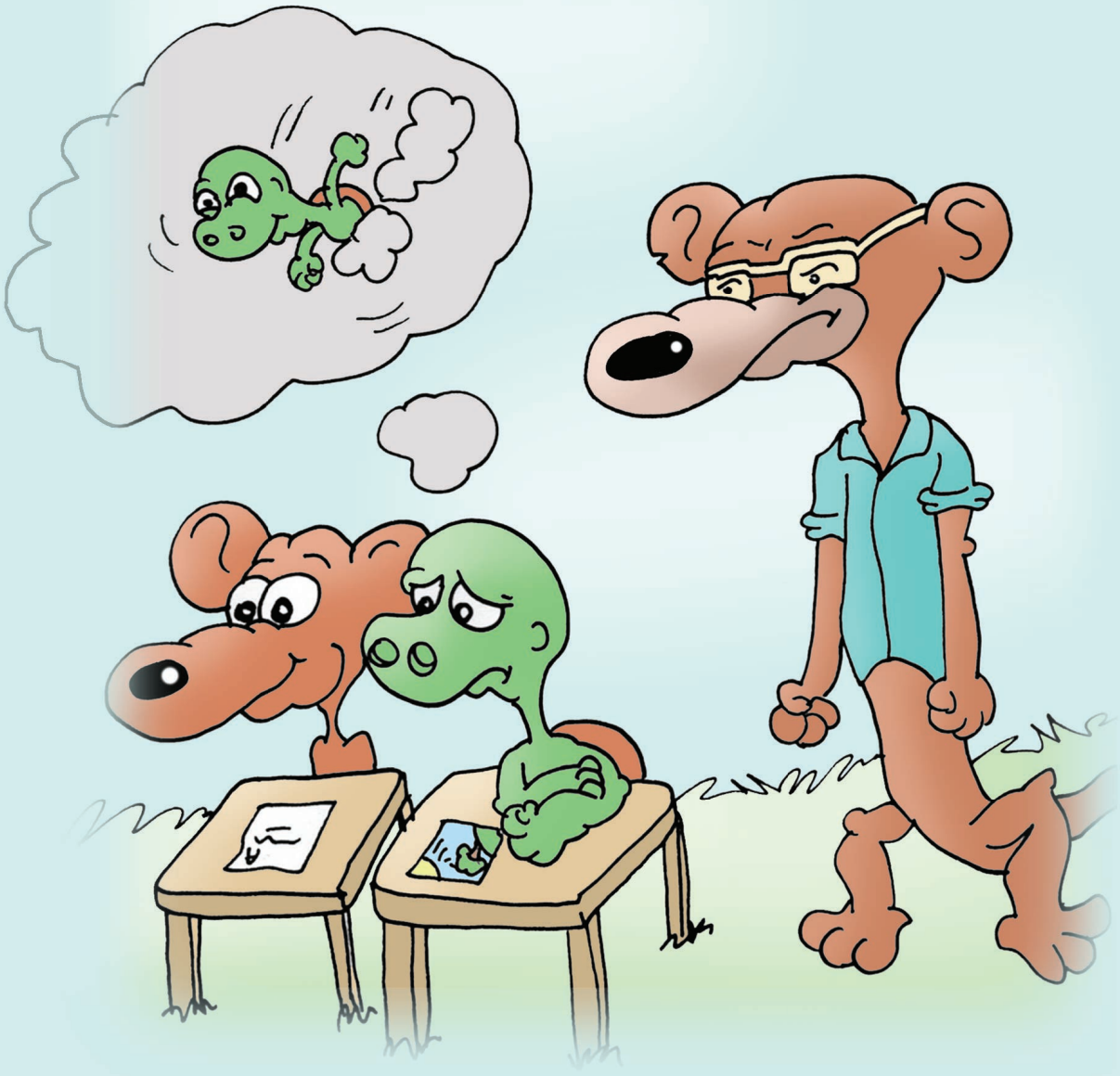
He had things to do all over the forest - but the funny thing was, none of his projects ever got finished.

His ideas were always fantastic and many of his forest friends would get really excited; but, before you knew it, ALEX was off chasing another dream. His parents enjoyed his energy and loved the way he did things quickly - when they were able to keep him on track.

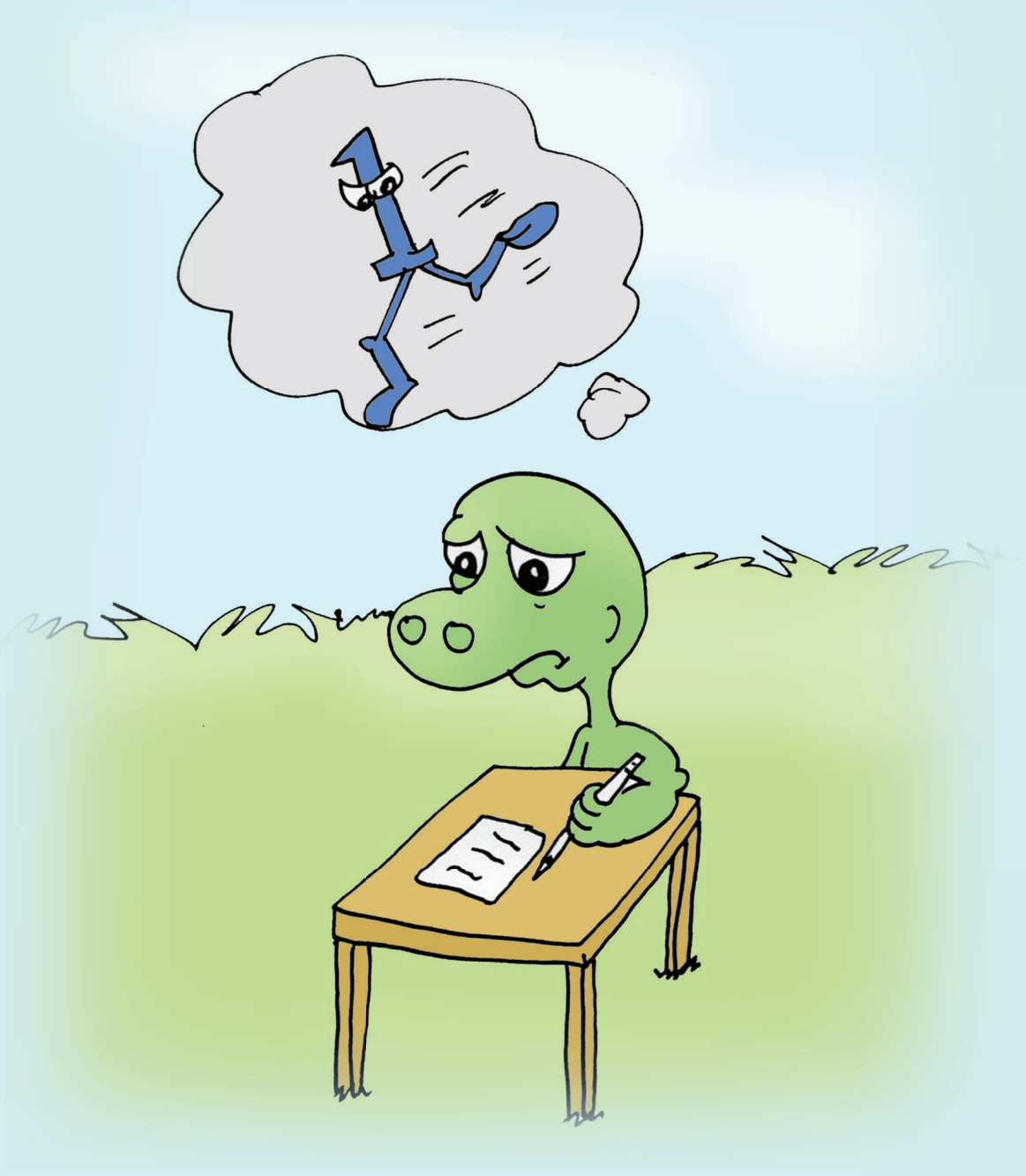
He was not like anyone else in the family and some of the older relatives did not approve of his behaviour.

Things weren't too bad for ALEX until he had to start school. Then it was a different story. The first day of school was exciting, meeting all the new woodland creatures and playing with them. ALEX was so happy and excited he could hardly contain himself.

It was not until they went into the classroom and had to sit in one place and work that he began to find it hard to listen and remember. He was thinking of the adventures he could have in the forest, all the mysteries to uncover and the places to go. The teacher was always saying, "ALEX, pay attention!" or "ALEX Diggle, don't wiggle!" "ALEX, look at me!" "ALEX, listen!"

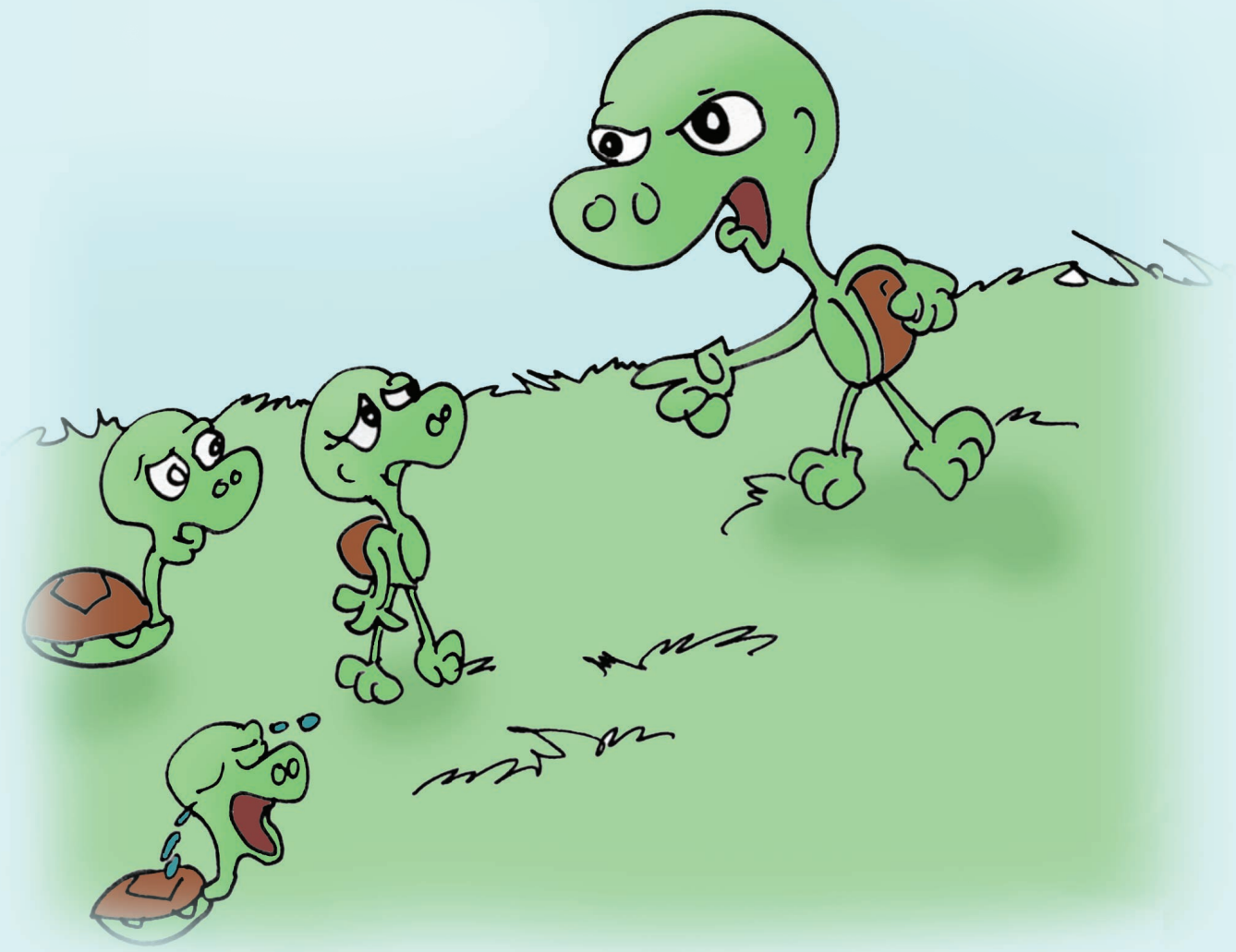


When it came to doing homework, writing things in his notebook, or doing math, it all seemed too hard. His brain was going faster than he could read and his eyes were always chasing words. Numbers would get all mixed up when he tried to add or subtract.



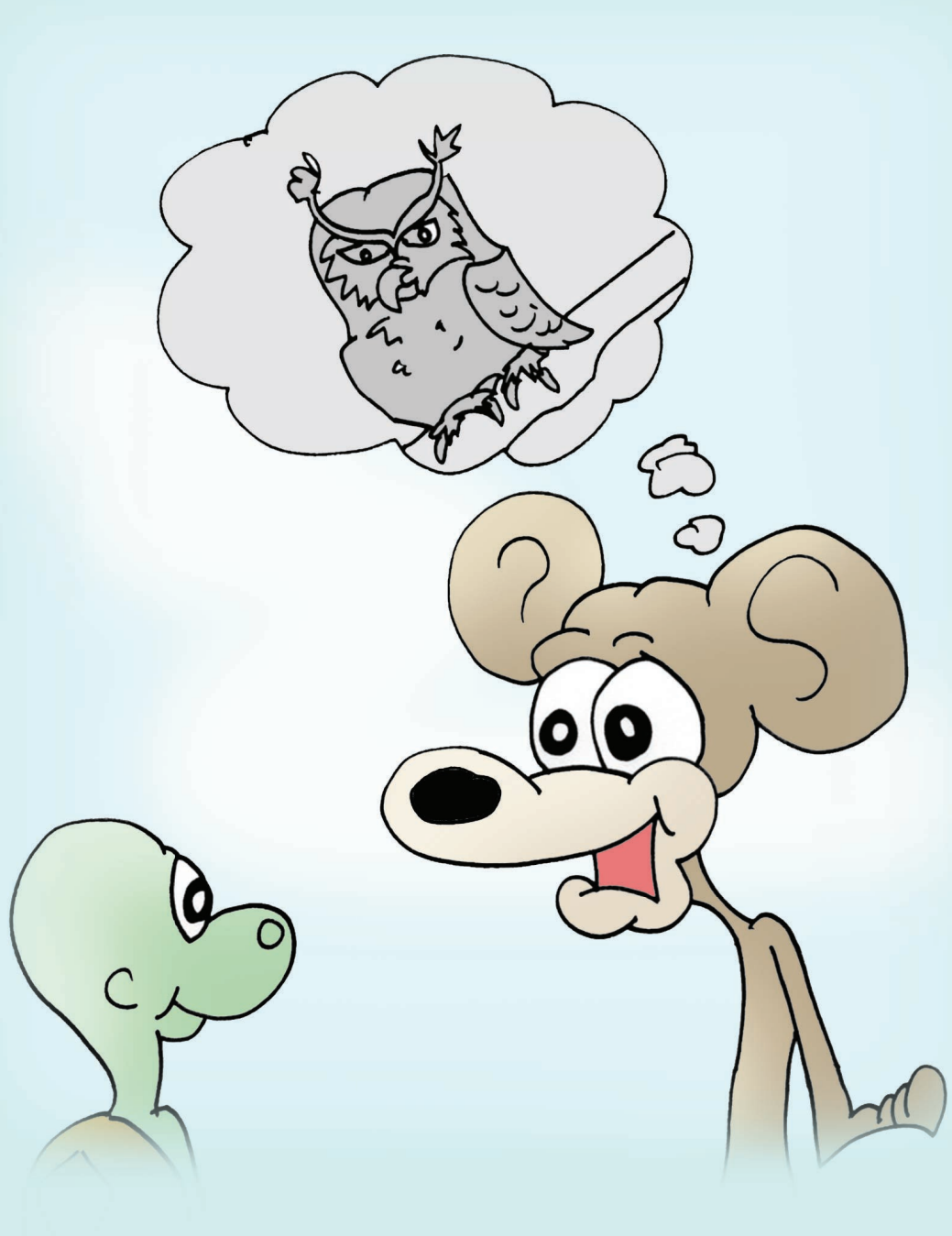
At first ALEX thought that everybody had this problem with reading but the others laughed at him when he read the wrong words. In time, he began to be sad rather than happy. School was not fun anymore; neither was playing with his friends in the forest. They teased him.

ALEX would come home and not want to do anything his parents asked him to do. He would become angry, yell, and was mean to his brothers and sisters. This really bothered his parents. They could not understand why he had changed so much.



One day at school he noticed another creature who was very much like him but seemed happy to be in school and was doing well. His new friend told him about how sad he had been, not being able to read, making a lot of mistakes in his homework, and always daydreaming.

ALEX asked his friend what happened. It was then that he learned about the Wise Old Owl who lived deep in the forest. ALEX had heard of this owl, but thought it was only a story that parents told their children. But now he learned there was really such a creature. Right then and there ALEX decided to ask his parents to take him to see this Wise Old Owl.

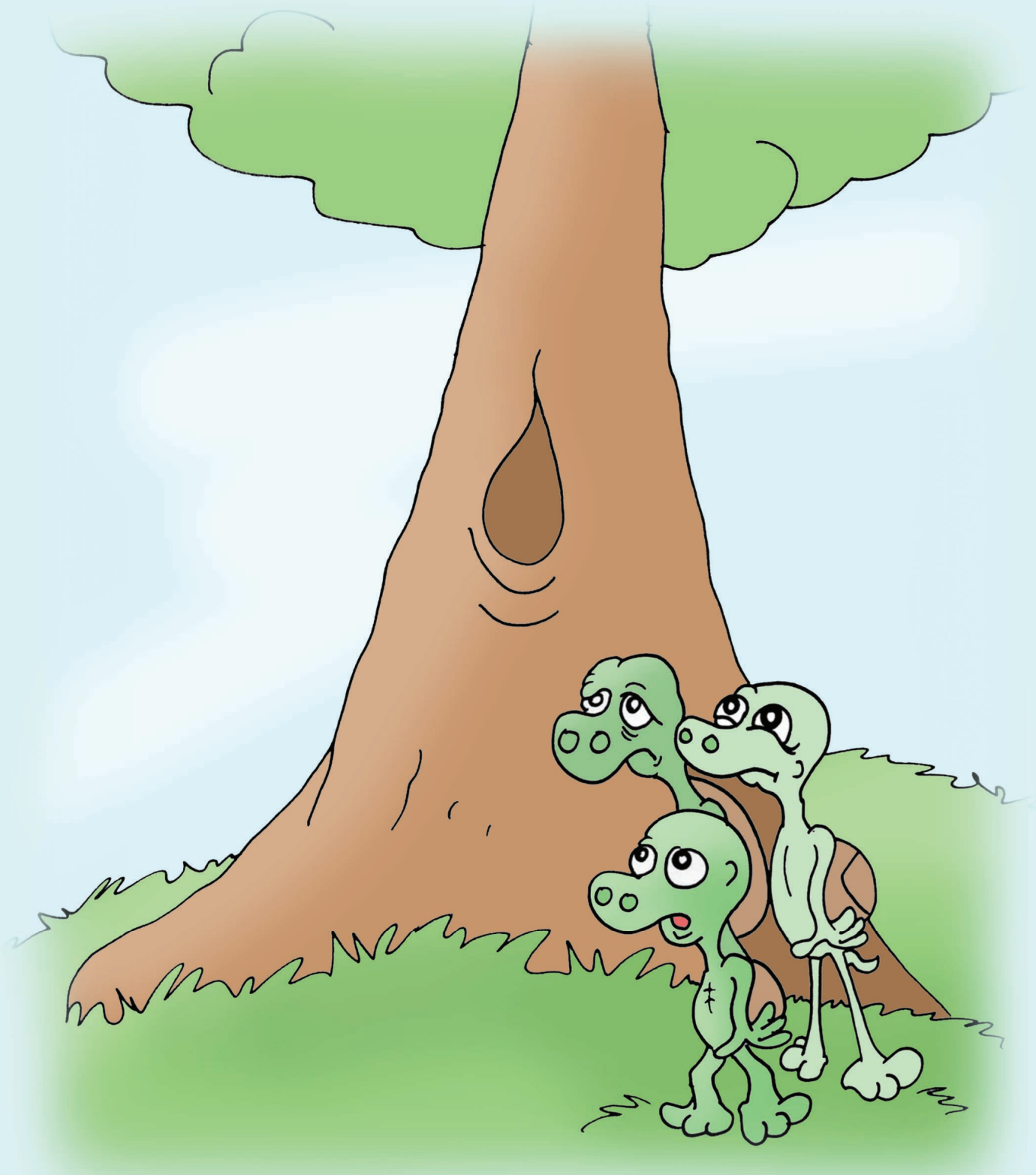


The Wise Old Owl lived in an ancient (very, very old) oak tree, deep in the forest and had been living there as far back as any of them could remember. The story goes that the Wise Old Owl came from a far away land of learning where they were taught how to help others.

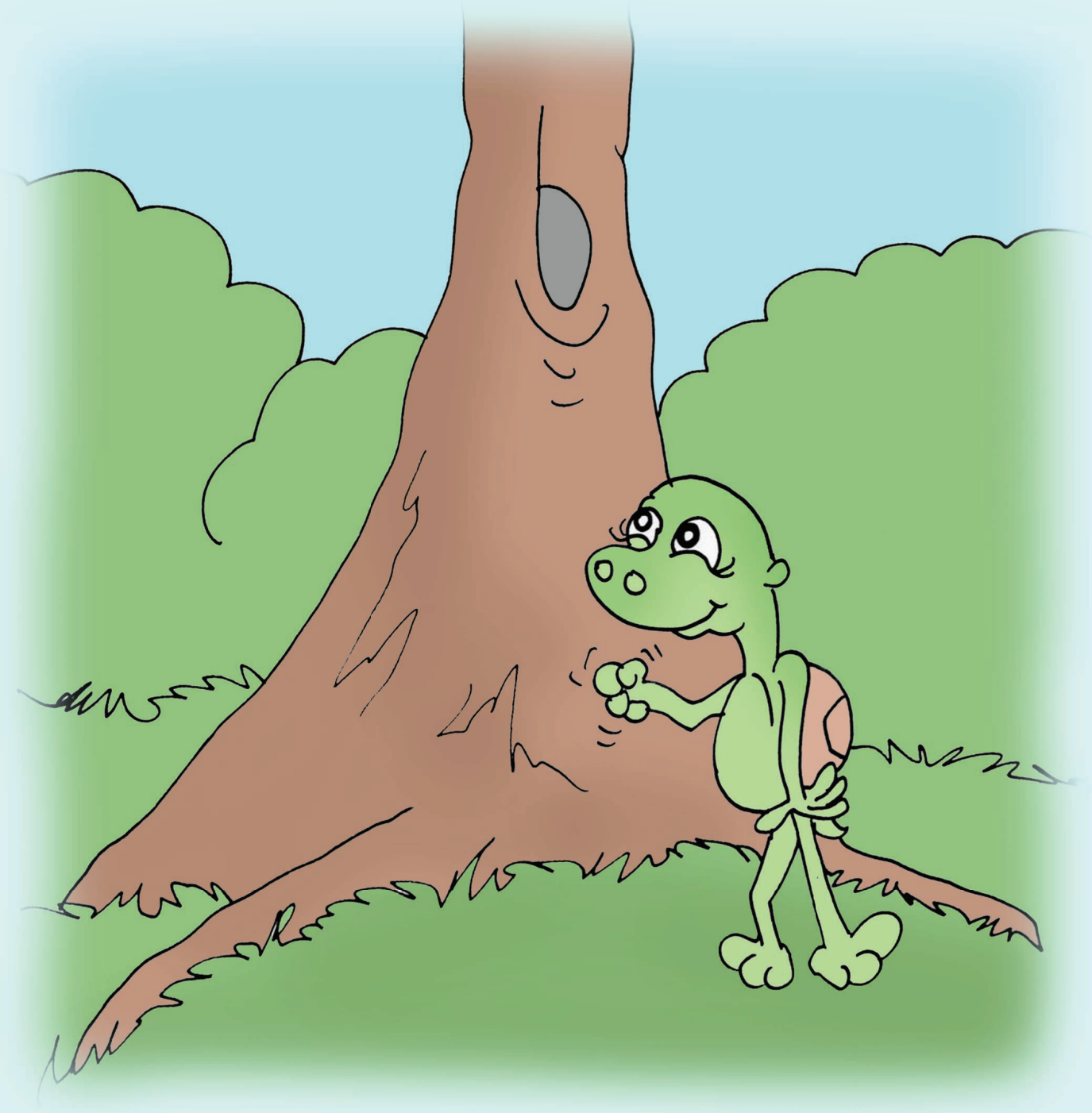
Soon the day came, and ALEX and his parents took the journey to see the Wise Old Owl.

Although the forest was a little dark, rays of sunlight danced through the trees like bright fairies. The only sound was the rustle of the leaves blowing in the gentle breeze. It took all day to get there.

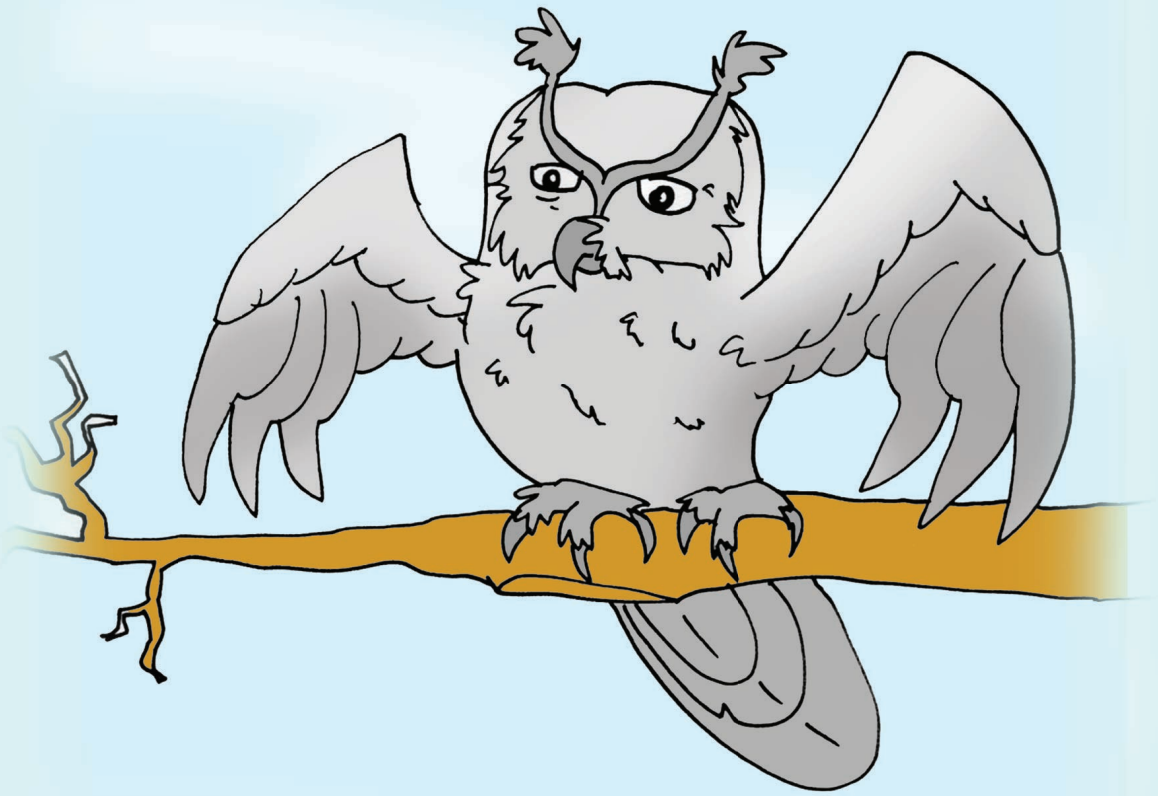
Finally, the old oak tree was standing before them, its thick trunk reaching up to the sky. There was a large hole part way up the trunk.

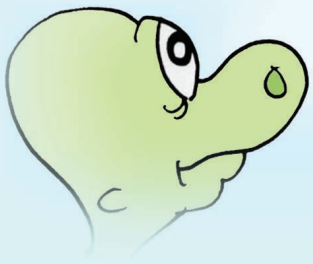


ALEX's dad knocked on the trunk of the tree. It seemed like forever before the Wise Old Owl appeared.

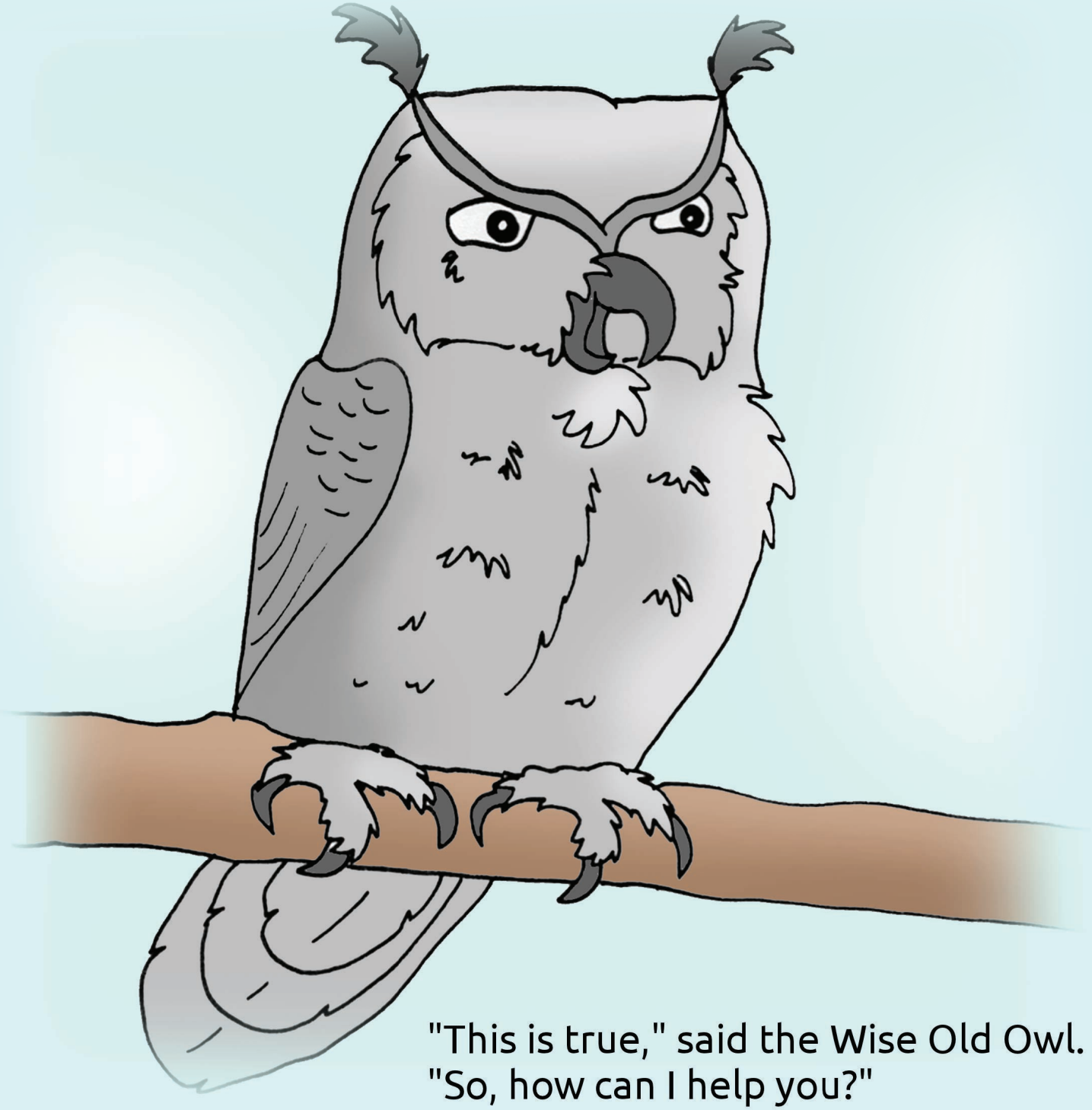


He cleared his throat, stretched his huge wings and just stared for a few minutes. His golden eyes seemed to pierce deep into ALEX, yet there was a soft, warm feeling in them.





Then he spoke. He asked, "So, what brings you all the way here to my home, deep in the forest?"
Mother was the first to speak.
"We heard that you are wise and that you have helped many, young and old."



"This is true," said the Wise Old Owl.
"So, how can I help you?"

ALEX piped up, "I want to be like my friends; I want to be happy again; I don't want to be angry and make my brothers and sisters sad. I want to be able to sit still longer and listen to the teacher. I want to be able to learn my lessons."

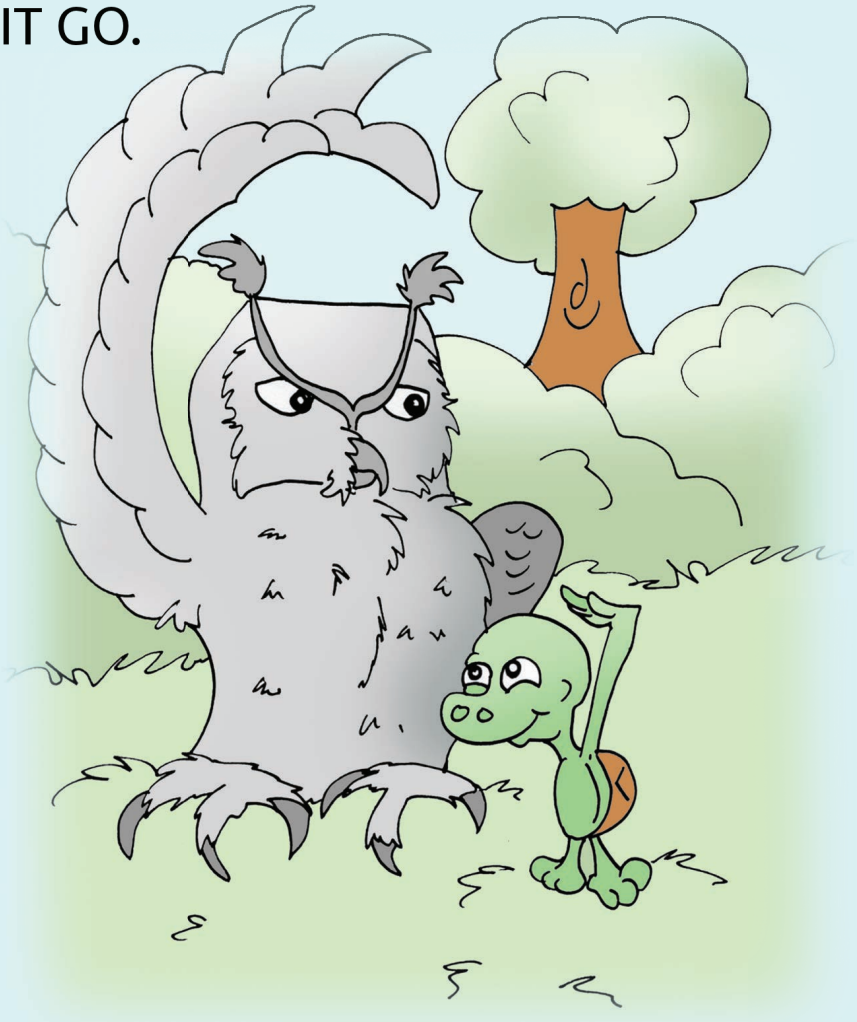
"That seems like a lot," replied the Wise Old Owl.
"I know," said ALEX. "I just want to be like everyone else."

The Wise Old Owl said, "You don't want to be like everyone else but you do want to be the best YOU that you can be. It is very simple, young one. You have everything you need right inside you. It is as simple as 1- 2- 3. Are you ready to begin?"

"Let's do it!" ALEX cried.

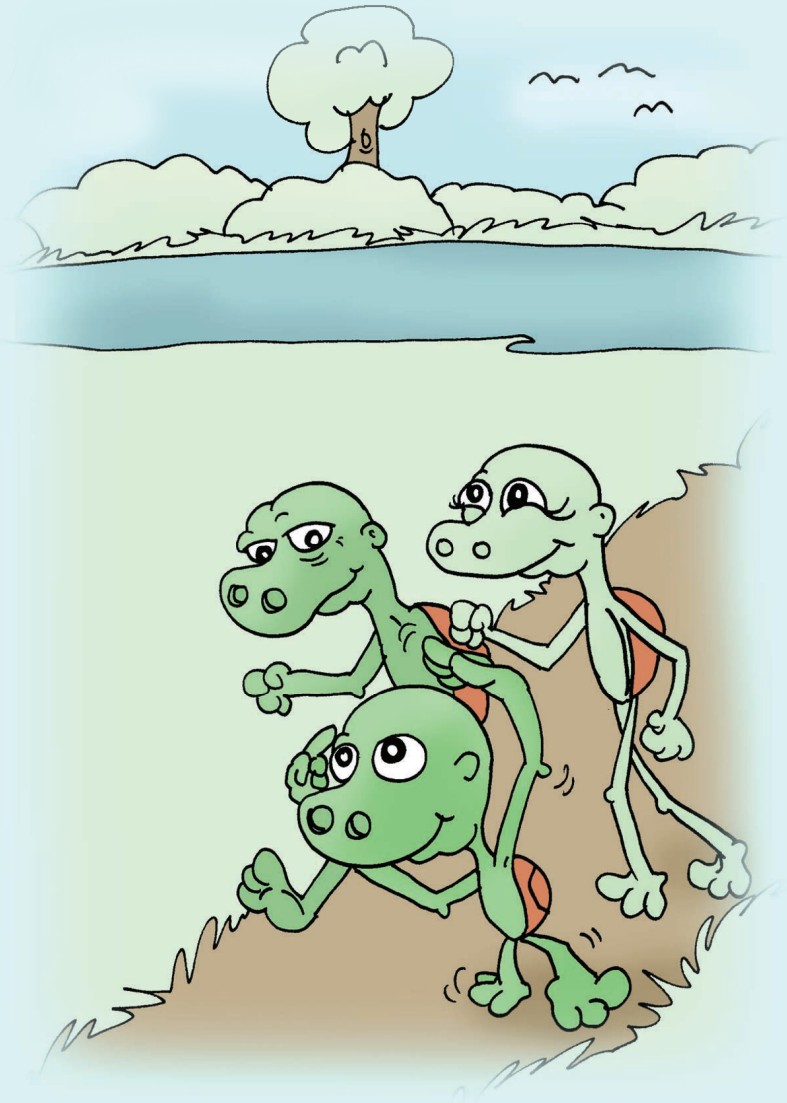
"Okay, let's learn the feel-good tapping spots with a simple song. You can sing it to the tune of "Twinkle, Twinkle, Little Star" or you can "RAP" it. You choose.

INSIDE EYEBROWS, OUTSIDE EYEBROWS
UNDERNEATH MY EYES;
TAP UNDER MY NOSE AND LIPS
BOTH AT THE SAME TIME.
TAP UNDER MY COLLARBONE,
TOGETHER TAP MY WRISTS;
TAP A CIRCLE ON MY HEAD-
GO ROUND AND ROUND LIKE THIS.
TAKE A DEEP BREATH THROUGH MY NOSE
AND OUT MY MOUTH REALLY SLOW.
WHAT-E-VER MY PRO-BLEM WAS
I JUST LET IT GO.

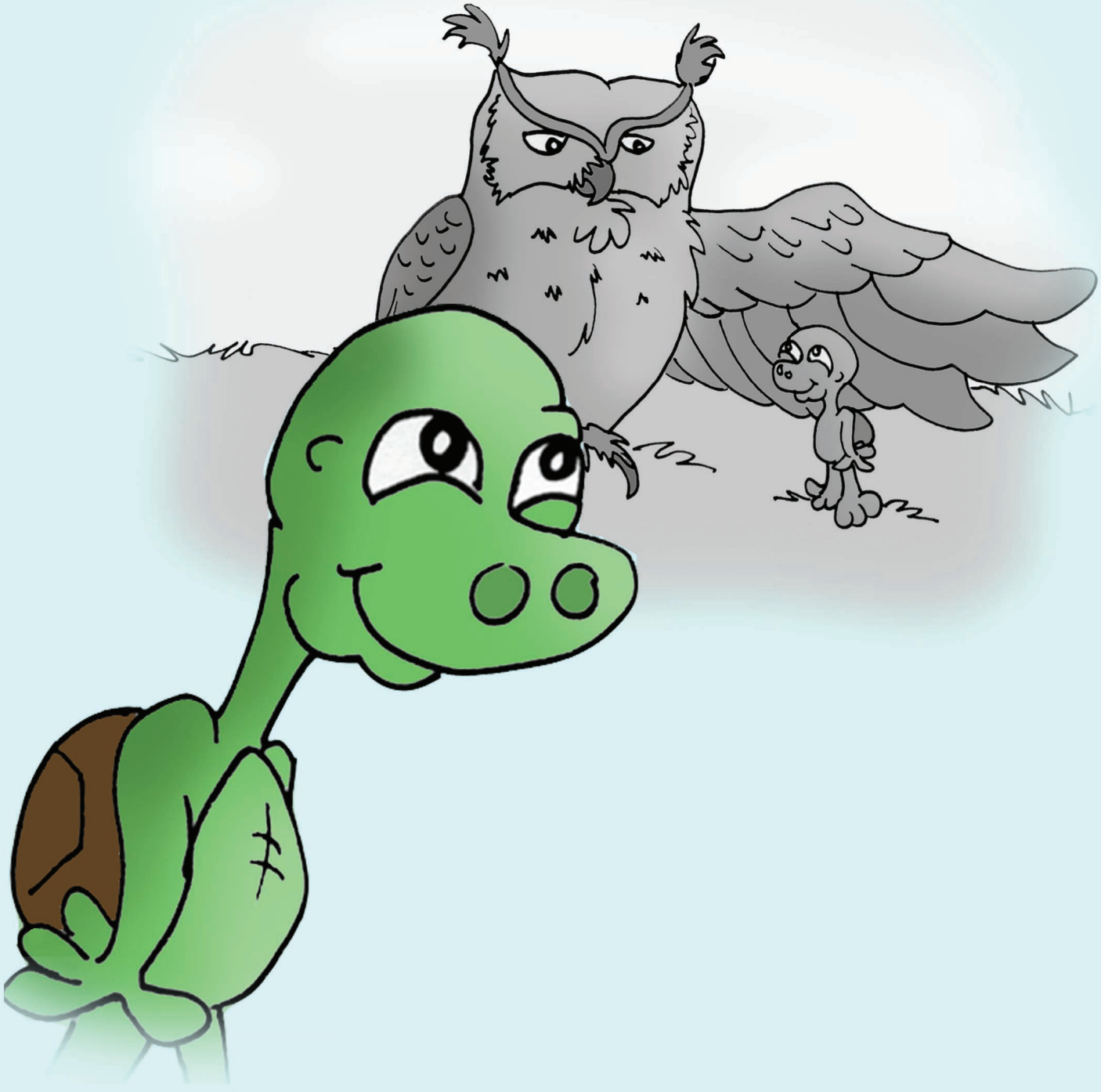


ALEX was so excited and thankful, he couldn't wait to get home. All the way back he sang his tapping song while he tapped on his feel-good spots. At first he didn't feel any different and was almost ready to give up. But he remembered the Wise Old Owl saying to him that it was important to do the tapping and not to worry about how he felt. All of a sudden he would begin to notice that things were different. ALEX recalled the Wise Old Owl saying,
"Be patient little one; it is all there waiting to be released, and your feel-good spots are the keys."

ALEX never forgot the words of the Wise Old Owl.



ALEX also remembered the Wise Old Owl telling him to never lose his energy, creativity and freedom that he had always experienced. These are truly gifts that when used wisely can help bring about many great and wonderful things.



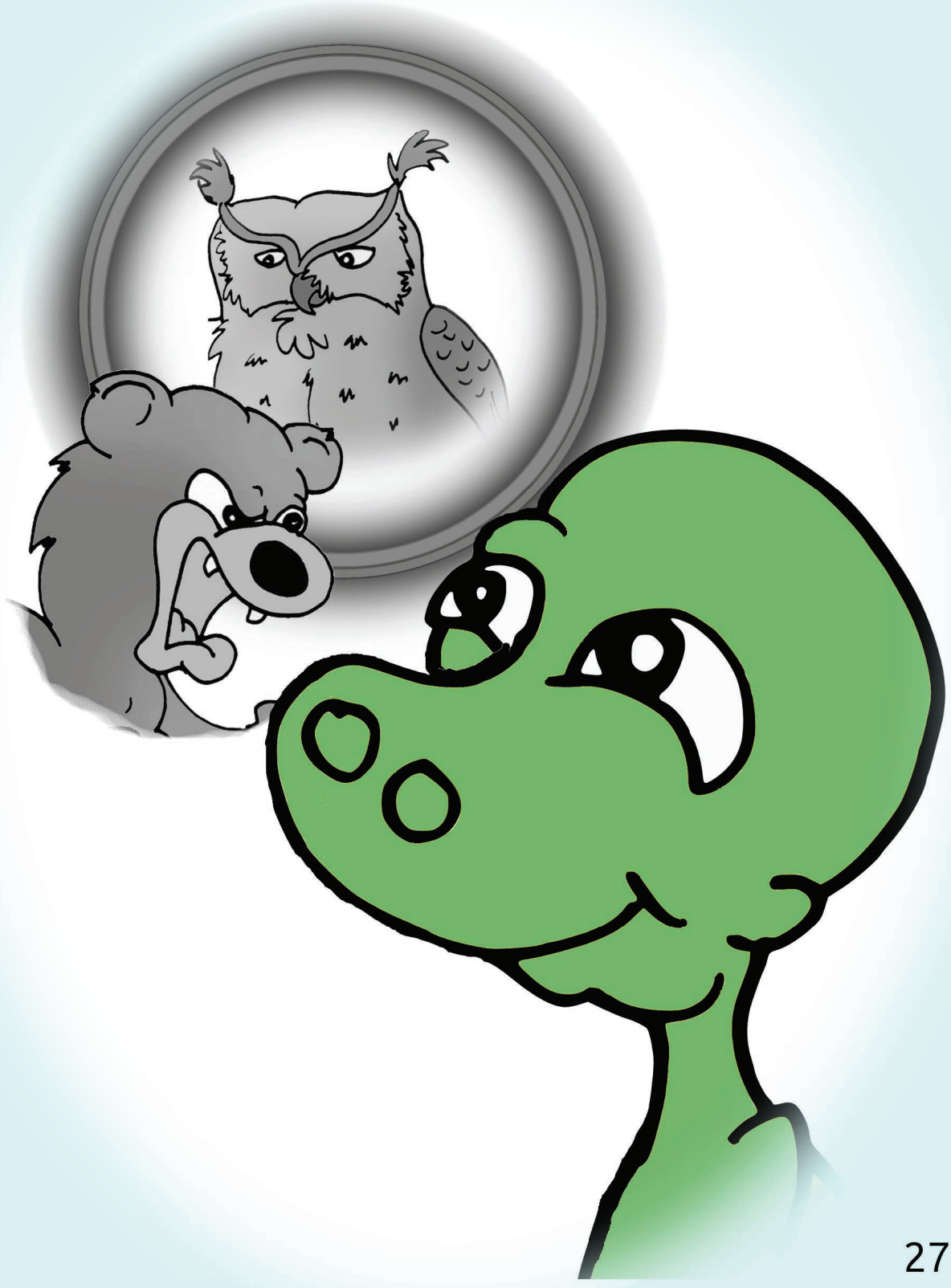
When ALEX went back to school, his friends began to notice that something was different. ALEX was happy again and he enjoyed playing with the other creatures. The teacher was surprised when ALEX began reading and spelling, just like the other students. His math had fewer red marks and his writing started to make sense.

The teacher didn't have to keep asking ALEX to "pay attention" and was amazed that ALEX was able to sit still for longer periods of time. The teacher wisely gave him time to move around a little bit, which was very helpful.

Soon other students began to ask ALEX what had happened. He was happy to tell them that the Wise Old Owl had given him a gift. He eagerly shared the feel-good spots with them. Even his teacher was interested and soon the whole class was using the feel-good spots to help them learn better and to be more relaxed.

One day a new student arrived at school. It wasn't long before Oliver Duncan Dare (O.D.D.) began to pick fights and bully the younger creatures. He even liked to argue with the teacher and his favourite words were, "No, I won't!"

ALEX wondered if the Wise Old Owl could help. Would Oliver even want to listen? But wait! That's Oliver's story and Oliver's story needs a book all its own.

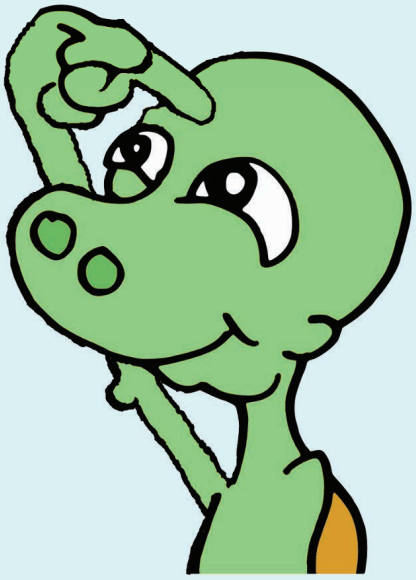


ALEX is so excited about the feel good spots that he wants everyone to be able to use them, so he put together a rhyme and music.
He's going to make his own DVD and upload it to You Tube!

ALEX put his hand over his heart and made a pledge:
"Even though I've had a hard time sitting still and listening, I am awesome
and I choose to be calm and confident,
and let everything be easy.

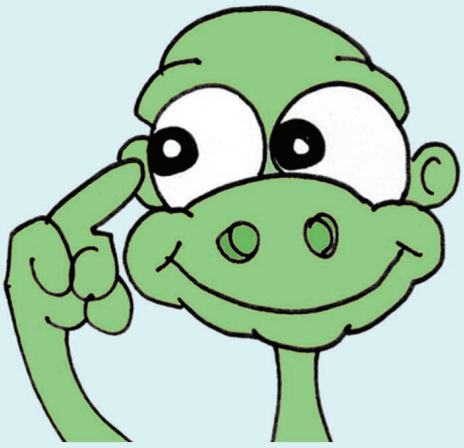
Let the feel-good spots do the magic for you.

THINK OF 1 THING I WANT FIXED



1

AND TAP AROUND



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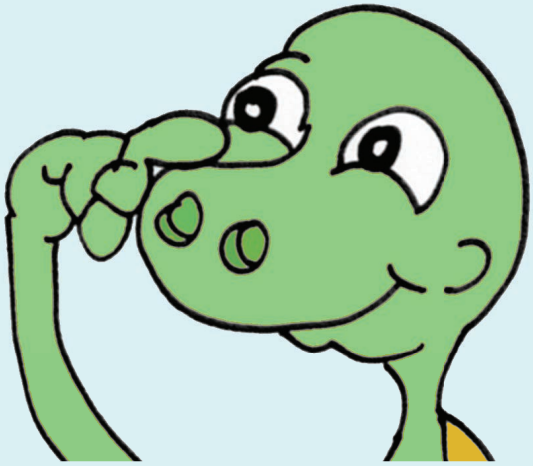
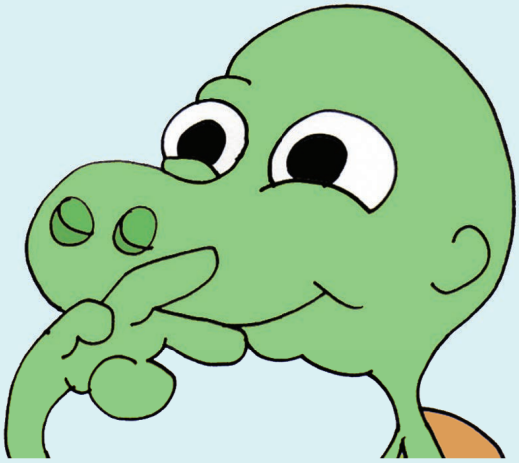
MY EYES



3

LIKE THIS.

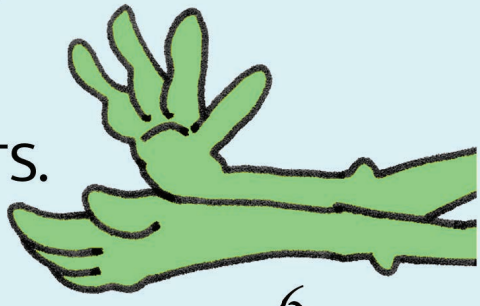


4

UNDER MY NOSE
AND UNDER MY LIPS.

5
MY COLLARBONE

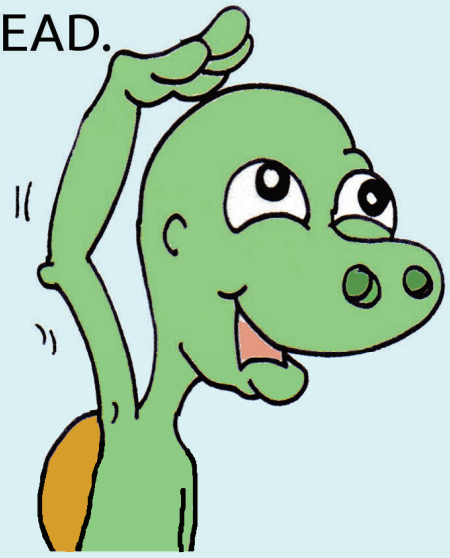
AND BOTH MY WRISTS.



6

TAP A CIRCLE
ON MY HEAD.

7



8 DO IT ALL AGAIN USING POWER WORDS INSTEAD.
9 NOW TAKE A DEEP BREATH THROUGH MY NOSE
10 AND LET THE AIR OUT REALLY SLOW.

THE TAPPING SPOTS SONG

(SING TO THE TUNE OF "TWINKLE TWINKLE LITTLE STAR" OR "RAP" IT) Sometimes you have to squish the words in.

Start by holding your hand over your heart. Say the negative statement and then the positive statement like a pledge or promise to yourself.
Example: "Even though I have trouble being still and listening, I'm an awesome kid and I can do anything. I choose to be calm, cool and confident."

INSIDE EYEBROWS
(twinkle)
OUTSIDE EYEBROWS
(twinkle)
UNDERNEATH MY EYES
(little star,)
TAP UNDER MY NOSE AND LIPS
(how I wonder)
BOTH AT THE SAME TIME.
(what you are.)
TAP UNDER MY COLLARBONE
(Up above the world so high,)
TAP TOGETHER BOTH MY WRISTS
(like a diamond in the sky.)
TAP A CIRCLE ON MY HEAD
(Twinkle, twinkle, little star.)
GO AROUND AND ROUND LIKE THIS
(How I wonder what you are.)

When you learn the order of the tapping spots, pick one problem you want to fix. Make your pledge statement with your hand over your heart and then tap on all the spots as you say or sing the problem. Then do it all again, this time saying the happy words instead. *(See pages 35 and 37)*

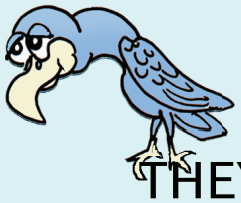
AFTER THE SECOND TIME TAKE A REALLY DEEP BREATH THROUGH YOUR NOSE AND SLOWLY LET THE AIR OUT THROUGH YOUR MOUTH.

Examples of things to fix one at a time:

Can’t sit still.
Can’t focus.
Can’t pay attention.
Can’t listen.
Can’t remember things.
Can’t see the words.
Get the words mixed up.
Can’t remember what the teacher said.
I forget how to do math.

I’m afraid of making a mistake.
I never get my work finished.
I’m afraid kids will laugh at me.
I feel bad when kids laugh at me.
I can’t get started.
I’m afraid to try.
I’m afraid to ask for help.

I hate school.
I hate reading.
I hate spelling.
I hate math. Can’t do sports.
I feel clumsy.
I can’t catch a ball.
I can’t dance.
I can’t stand in front of the class.
I can't speak in front of the class.
I’m too shy.
I can’t talk to people.



The ADHD Song

Think of something I want fixed,
and do a tapping song like this.

THEY SAY I HAVE ADHD
(TWINKLE, TWINKLE LITTLE STAR) (hand over heart)

BUT I CHOOSE TO BE CALM, EASY AND FREE.
(HOW I WONDER WHAT YOU ARE) (hand over heart)

I CAN'T SIT STILL IN MY SEAT.
(UP ABOVE THE WORLD SO HIGH) (inside eyebrow)

I WIGGLE AND I MOVE MY FEET.
(LIKE A DIAMOND IN THE SKY) (outside eyebrow)

I CAN NEVER STAND STILL.
(TWINKLE, TWINKLE LITTLE STAR) (under eye)

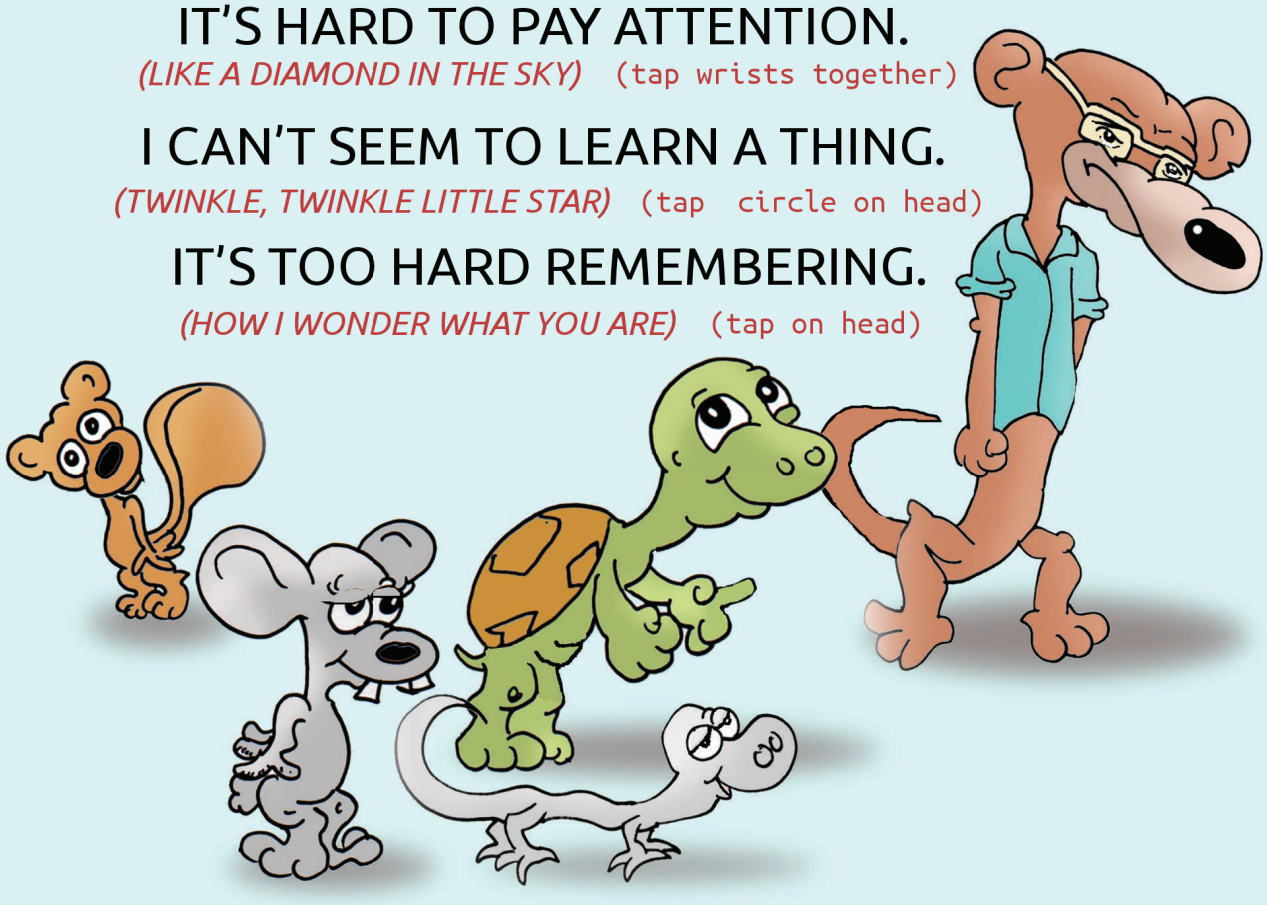
I'D RATHER PLAY WITH JACK OR JILL.
(HOW I WONDER WHAT YOU ARE) (nose, chin)

I FORGET TO LISTEN
(UP ABOVE THE WORLD SO HIGH) (under collarbone)

IT'S HARD TO PAY ATTENTION.
(LIKE A DIAMOND IN THE SKY) (tap wrists together)

I CAN'T SEEM TO LEARN A THING.
(TWINKLE, TWINKLE LITTLE STAR) (tap circle on head)

IT'S TOO HARD REMEMBERING.
(HOW I WONDER WHAT YOU ARE) (tap on head)



The Awesome Kid Song

I'M AN AWESOME KID IT'S TRUE.
(TWINKLE, TWINKLE LITTLE STAR) (inside eyebrow)

THERE IS NOTHING I CAN'T DO.
(HOW I WONDER WHAT YOU ARE) (outside eyebrow)

I'M A WINNER. LOOK AND SEE
(UP ABOVE THE WORLD SO HIGH) (under eye)

THE WONDERFUL, TERRIFIC ME.
(LIKE A DIAMOND IN THE SKY) (nose, chin)

I CAN DO IT YES I CAN
(TWINKLE, TWINKLE LITTLE STAR) (under collarbone)

IT'S ALL HERE IN MY HAND.
(HOW I WONDER WHAT YOU ARE) (tap wrists together)

I CAN DO IT IF I START,
(UP ABOVE THE WORLD SO HIGH) (tap circle on head)

IT'S IN MY BRAIN. IT'S IN MY HEART.
(LIKE A DIAMOND IN THE SKY) (tap on head)

TAKE A DEEP BREATH THROUGH MY NOSE
(TWINKLE, TWINKLE LITTLE STAR) (breathe in)

AND LET THE AIR OUT REALLY SLOW.
(HOW I WONDER WHAT YOU ARE) (breathe out)

Reading Rap

PLEDGE:
"Even though reading seems too hard for me,
I choose to be calm and let it be easy." (hand over heart)
Reading is so hard for me. (inside eyebrow)
The words mix up and I can't see. (outside eyebrow)
I can't tell what they're supposed to be. (under eye)
I'm afraid the class will laugh at me. (nose, chin)
Even when I know the sound (under collarbone)
I always get them turned around. (tap wrists together)
Sometimes reading makes me sick. (tap circle on head)
I want to fix it really quick. (tap on head)

Math Rap

PLEDGE:
"Even though math is hard for me,
I choose to be calm and let it be easy."
Use each rhyming pair on one tapping spot.
I think math is really hard. (inside)
I'd rather play in the school yard.
My teacher thinks that I am lazy, (outside)
But all those numbers drive me crazy.
I can't subtract, divide or add (under)
And multiplying makes me sad.
With fractions I don't have a clue; (nose, chin)
I can't remember which steps to do.
The numbers get all turned around (collarbone)
And sometimes they look upside down.
The teacher tries to walk me through it; (wrists)
But right away I forget how to do it.
I hate being in the bottom rank, (head)
But doing math, my mind goes blank.

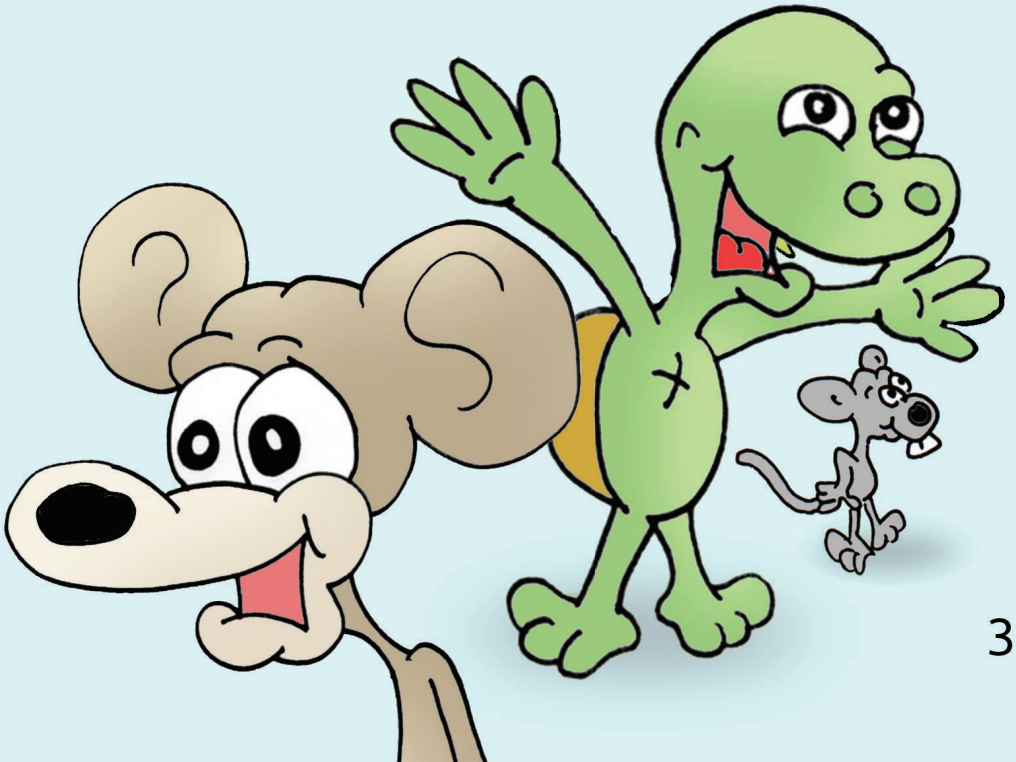
Examples of Power Magic Words

I'm an awesome kid.
I can learn anything.
I'm a great kid.
I can do it.
It's easy for me.

I feel free.

AWESOME KID SONG

I'M AN AWESOME KID IT'S TRUE.
THERE IS NOTHING I CAN'T DO.
I'M A WINNER. LOOK AND SEE
THE WONDERFUL, TERRIFIC ME.
I CAN DO IT YES I CAN.
IT'S ALL HERE IN MY HAND.
I CAN DO IT IF I START,
IT'S IN MY BRAIN. IT'S IN MY HEART.
TAKE A DEEP BREATH THROUGH MY NOSE
AND LET THE AIR OUT REALLY SLOW.



Alex's Helpful Hints

Before you start, give your problem a number between 0 and 10 to describe how bad it is. 10 is the worst. After tapping, the number should be lower. Keep on doing it until you get to 0.

I like rhyming because it helps me remember but you don't have to rhyme. Do what feels right for you. ***You could do it this way:***

Make your pledge statement and then start tapping, saying short sentences about what bothers you. You can get ideas from page 36.

READING: *Even though reading is hard for me and I hate it because it makes me feel stupid, I choose to be calm, confident and let it be easy.* **(Start tapping) Reading is hard. The letters get mixed up. I read words backwards. Reading makes me nervous. My mind goes blank. Reading makes me tired. I can't read out aloud. I read the same line twice. I skip words and lines. I feel stupid.**

MATH: *Even though math is hard for me, I choose to be calm, confident and let it be easy.* (Tap) **I can't add. I forget how to multiply and divide. I forget the steps. I forget borrowing. I mix up numbers. I can't remember numbers. My mind goes blank. I hate math. I hate fractions. I freeze up doing math. Math tests scare me.**

SCHOOL: *Even though school is hard, I choose to be calm, confident and let it be easy.* (Tap) **I hate school. Kids tease me. I can't learn. The teacher scares me. I'm afraid to ask questions. I feel stupid. I can't remember what the teacher says. I forget to listen. I can't pay attention. School is too hard. I don't like to sit still. I can't remember directions. School makes me feel sick.**

The second time around use the happy words. You can also call them magic words, power words or positive words. Never give up and things will begin to change.

You're an **A**mazing **D**elightful **H**yper-awesome **D**ynamic kid!

You can do it!

Happy Tapping,

Alexander David Henry Diggle

Alex Chronicles

Dr. Ken grew up with ADHD, dyslexia and Irlen Syndrome before anyone knew what they were. He was never diagnosed and never received any help, only ridicule and teasing; however, he invented his own shorthand and drew "map-notes". His endless energy led him down many paths. After studying architecture, art, theology, Greek, psychology and education, he overcame all odds to earn a Doctorate in Education with a major in psychology. Because he is still ADHD at heart, he understands the frustration it causes and hopes this little book will help. His own story, ADHD to Ph.D, is being written as an inspiration to others and is the theme of one of his current motivational talks. He is available to speak to schools, clubs, businesses and conventions and runs workshops and seminars at his home/office/studio/art gallery. Does that sound ADHD? Did we forget to say he is also an artist and certified personal fitness trainer? Hyperactive, Yes! Disorder, no.

If Mom and Dad want more information, they can consult the "wise old owl" at 1-705-734-9742, or send an email through the website: lifegatesunlimited.com

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